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MISERY LINE: Electric Class 710 trains like this one are not ready for the Gospel Oak to Barking overground route
Photo: Transport for London

THEN THERE WERE THREE

Reduced service after bosses sold diesel fleet before replacements ready

by Piers Meyler

BBC local democracy reporter

THE BARKING to Gospel Oak overground line is down to just three operational trains.

The line began running a reduced weekday service on Monday, March 18. It has three trains after Transport for London (TfL) sold the old diesel fleet to West Midlands Trains without new replacements trains being ready.

Trains will now run every 30 minutes, instead of the regular service

of every 15 minutes, and will be up to four cars instead of the old two.

The new electric Class 710 trains, which were expected to be in use by November last year, are not ready.

TfL has not provided an expected date for the new fleet to be operational.

A TfL spokesperson said: "Delivery of these new electric trains has been delayed while the manufacturer, Bombardier Transportation, carries out further software development.

"Bombardier are being pressed to

do everything they can to deliver a fully operating train as soon as possible to end the disruption to customers on the line."

The Class 710s have four carriages and longitudinal seating for 195 passengers, with room for 480 standing; the old diesel trains have two carriages with space for 120 seated passengers and 135 standing.

Jon Fox, TfL's director of rail and sponsored services, said: "We are very sorry for the continuing delay to the introduction of the new fleet of electric trains on the Gospel

Oak to Barking line and share our customers' frustration.

"The manufacturer continues to solve software issues and we hope that driver training will start in earnest soon, which will bring us an important step closer to introducing the new trains."

Supplementary buses will give customers an alternative option, alongside local bus routes.

Train timetables are available at <https://tfl.gov.uk/modes/london-overground/london-overground-timetables>

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NEWS

Parents in academy fight put faith in Pope

by Alice Richardson

BBC local democracy reporter

PARENTS at a Catholic primary school are attempting to get the Pope on their side as they fight against academisation.

Families with children at Our Lady of Lourdes Primary School in Wanstead gathered outside the governors' annual meeting last week to try to stop the school from being taken away from local authority control.

Former chairman of governors Greg Emlin resigned as a governor at the meeting in protest at the governing body's handling of the situation.

The Government has issued an order allowing for the school to be taken out of Redbridge Council's hands and for its management be taken over by the Diocese of Brentwood, the Catholic body that oversees the area.

Vicky Taylor, who has two children at the school in Year 1 and Year 2, helped to organise the protest.

She said: "We have been kept in the dark, as the diocese have forced academisation on the school. This is unacceptable to me as a parent and a Catholic."

"We have a few things bubbling away. We're going to write to the Pope, the cardinal and the bishop directly. Might as well aim high."

Cllr Paul Donovan, of Wanstead



CAMPAIGN: Parents protest at plans to academise Our Lady of Lourdes Primary

Photos: Google and Cllr Paul Donovan

Village ward, said: "The number of people here tonight is demonstration enough against academisation. When are the diocese and school management going to start listening?"

"It is clear that the diocese thought they could quietly pass the academisation process through with the minimum of fuss. This campaign and others across the east London boroughs show just how strong the feeling of parents, children and teachers are against these proposals. When will the Church start to listen?"

Also there on the night, Cllr Elaine Norman, cabinet member for children

and young people, said Redbridge Council will oppose academisation "wherever it raises its head across the borough".

She told the protesters to take heart from the successful campaign to stop the academisation of William Torbitt Primary School in Newbury Park.

A poll conducted amongst 206 parents found nine people (four per cent) in favour of the school's academisation, 48 per cent opposed it and 32 per cent felt they had not been informed properly.

Brentwood Diocese was contacted for comment.



TRAGIC: Mike Thalassitis

Photo: Ian West/PA Wire

Flowers left for Love Island star

TRIBUTES have been left outside the cafe Love Island star Mike Thalassitis planned to open before he was found dead on Saturday.

Four bunches of flowers and a card were placed at the door to The Skillett, in Loughton, on Sunday.

The interior of the unit, on a small row of shops, appeared to be midway through a refurbishment.

Mr Thalassitis, 26, was found hanged in a park in Edmonton on Saturday.

He found fame on the 2017 series of the ITV competitive dating show.

Mr Thalassitis, who was of Cypriot descent, was born in Edmonton and played semi-professional football for clubs including Chelmsford.

The Metropolitan Police said at this stage the death is not being treated as suspicious and a file will be prepared for the coroner.

Samaritans is available 24/7 every day of the year, to listen and offer support to anyone who is struggling to cope. People can contact Samaritans by phone, free of charge, on 116123, via email at jo@samaritans.org or can visit www.samaritans.org to find details of their local branch.

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Star choreographer visits old school to direct show



STAGE: Sir Matthew Bourne OBE with Roger Ascham Primary pupils and dancers from New Adventures, Cllr Clare Coghill and executive director for London Borough of Culture 2019, Lorna Lee

Photo: Andrew Baker

CELEBRATED director and choreographer Sir Matthew Bourne OBE returned to his old school to orchestrate a performance of The Nutcracker.

The entire pupil population of 500 at Roger Ascham Primary were involved in the project, which culminated in a performance for friends and family at Waltham Assembly Hall.

Pupils were joined by dancers from Sir Matthew's dance-theatre company New Adventures.

Sir Matthew, who grew up in Walthamstow, was presented with a Waltham Forest Heritage Blue Plaque to honour

his legacy at his former school.

At the plaque unveiling on March 14, the director said he was excited to return to where he staged his first show.

"I have great memories of this school," he said.

"I've always been passionate about putting on shows and they obviously saw that in me and gave me the chance to pursue my passion from a young age."

Council leader Cllr Claire Coghill added: "The joy we are seeing on the children's faces when they are given the freedom to express themselves is what this project, and London Borough of Culture is all about."

Eden girls raise laughs and £788 for Comic Relief

A GIRLS' school in Walthamstow raised £788.44 for Comic Relief.

Pupils and staff at Eden Girls' School put on red nose-uniform clothes and red noses to raise money for the charity on Red Nose Day, Friday, March 15.

Principal Shahina Ahmad said: "The pupils have really been exercising their funny bones today for Comic Relief and I'm very proud of them for raising money for such a worthwhile cause."



FUNNY BONES: Eden Girls' School on Red Nose Day

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With Frances Furlong



This month I will be focusing on Dermal Fillers made from Hyaluronic acid, as far as I'm concerned it is one of the magic ingredients for a dewy and youthful looking skin. This substance is naturally occurring in our skin, joints and eyes and is 'your natural inbuilt shock absorber' think of Hyaluronic acid as being a huge natural sponge that attracts water and forms part of the skin stuffing! As we age we lose it, we look at babies and children and they have it in abundance which in turn gives them lovely, soft and peachy skin. Sadly from the age of around 30, skin starts to lose it's glow, the clever technology of dermal fillers derived from a sugar molecule allows loss of volume to be addressed to the face. Furthermore shallow to deep wrinkles can be corrected, hollows of the eyes to be lifted, lips to be defined and skin to have an inbuilt hydration system with advanced products such as Restylane Vital.

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Con's - temporary swelling post injections, minor bruising or slight discomfort are normally resolved within 72 hours, lumps and bumps are rare but the beauty of these types of fillers are any issues can be dissolved.

Is it for me? Dermal fillers are a good choice, when you see a medical practitioner who is experienced. You will be able to achieve a natural and youthful result. But to me, matching the age, tissue integrity along with the client expectations comes down to experience, knowledge and a wide range of different product types to personalise the treatment package, it should always be a bespoke service. The beauty of these treatments are they are not permanent, and we can change the treatment plan over the years to coincide with the ageing face, stress factors, hormone and environmental factors.

Hyaluronic acid skin care -

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Pro's - these products really address skin dryness and hydration as well as help fine lines and wrinkles.

Con's - topical products can't deliver the volumising results that Injectables can, this is due to the molecules being too large to penetrate through the skin barrier.

Is it for me? For specific wrinkles, volume loss and lifting of the facial contours, see a practitioner for expert advice. However if it's well-hydrated, silkier skin you are after then daily skin care containing Hyaluronic Acid and a good sunscreen is a must! ■



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- 3) Permit the provision of late night refreshment from 23.00 to 02.00 the following day Sunday to Thursday and from 11.00 to 03.00 the following day Friday & Saturday.

The address of the licensing authority where the register is kept and the application may be inspected during normal business hours is the Licensing Authority, London Borough of Redbridge, 10th Floor Lynton House, 255 / 259 High Road, Ilford, Essex, IG1 1NY or on the council's website: www.redbridge.gov.uk any representations by any other person or responsible authority must be received in writing by the Licensing Authority by 17th April 2019 stating the nature and grounds for making such representation. It is an offence under section 158 of the licensing act 2003 to knowingly or recklessly make a false statement in connection with an application. The maximum fine on summary conviction for this offence is an unlimited fine. GT Licensing Consultants. Tel: 07810 826778 EM: gtlicensingconsultants@googlemail.com

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PROMOTION



Targeted figure shaping with the HYPOXI-Method®

The way to your dream figure

HYPOXI-Method® directly treats the problem areas with the use of gentle exercise, a specific activation of the metabolism combined with nutritional advice. This perfect harmony allows you to model your desired figure. Success with HYPOXI® is noticeable after only a few sessions with visible results.

Why you cannot achieve this with a diet.

A beautiful properly proportionate figure cannot be achieved with a diet because the body will burn fat from the area where it's easy and fast but will only burn a little in the problem areas.

Fat reduction works best!

For annoying and persistent fat and cellulite to disappear, they must be in the true sense of the phrase 'put under pressure'. This happens when HYPOXI® by a special Vacuum and Pressure therapy manipulates the targeted area. Unnecessary fat can be dissolved and with moderate training this then provides the conversion of fat into energy.

Circulation promotes fat reduction

Our body at first will convert fat into energy from parts of the body that the blood can easily flow through then the enriched blood can be transported and used as fuel to burn the energy. Conclusion: The better blood circulation in problem zones during training the easier the fat can be reduced.

The 3 pillars of the HYPOXI-Method®

HYPOXI® is an innovative figure forming method that works without diet and consists of the following:

- Fat burning exercise
- Vacuum Therapy(similar to cupping) and pressure treatment (similar to compression therapy)
- Nutrition

New skin elasticity

HYPOXI® is the ideal method for targeted improvement to the skin. Through targeted exposure to the therapy, the connective tissue is streamlined and strengthened.

Everything except diet!

The HYPOXI-Method® requires no strict dieting! Advice and guidance with regards to a healthy and balanced nutritional plan are an integral part of the HYPOXI®-Concept.♦



Overcoming the overwhelming

The task of achieving a beautiful body may seem overwhelming. But with the fast and reliable HYPOXI-Method®, it actually becomes achievable. You can lose up to 2 sizes in just a few weeks, and that without having to starve or deprive yourself. Guaranteed results are achieved through a moderate fat burning exercise in combination with HYPOXI® equipment which activates targeted problem areas such as abs, hips, thighs or buttocks.



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